



# Teacher's Guide



Florida Department of Agriculture and Consumer Services  
Adam H. Putnam, Commissioner



## Organizing an Xtreme Cuisine Cooking School Class

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# Dear Florida Teacher or Youth Worker:



We at the Florida Department of Agriculture and Consumer Services are concerned about our children's nutrition. Snacks that are low in nutrition and fiber - and high in salt, sugar and fats - can contribute to the growing problem of childhood obesity.

That is why we developed Xtreme Cuisine Cooking School. And up until now, Xtreme Cuisine has only been available to older elementary and middle school students. Xtreme Cuisine Junior simplifies Xtreme Cuisine concepts for early elementary students. These students, with at least two supervising adults, can also experience nutrition lessons and hands-on food preparation opportunities to make their own healthy snacks using fresh Florida fruits, vegetables, low-fat dairy and high-fiber grain products.



Xtreme Cuisine Junior can be used by teachers in public and private settings, Florida 4-H extension agents, health and family services professionals, and many other professionals who work with Florida youth. This unique program teaches the nutritional attributes and other pertinent information about Florida agriculture commodities while providing basic food preparation skills for a younger audience.

Please join us as we provide this nutrition education program for our children and fight childhood obesity. We hope you decide to implement this valuable program.



## Your Xtreme Cuisine Team



# Xtreme Cuisine Curriculum Components

All Xtreme Cuisine components (except classroom demonstration items) are provided for each student through the organizing class coordinator when a class is scheduled. Up to five of each demonstration item will be provided. At this time, teachers and other youth workers may schedule an unlimited number of Xtreme Cuisine Cooking School classes. This is subject to change.

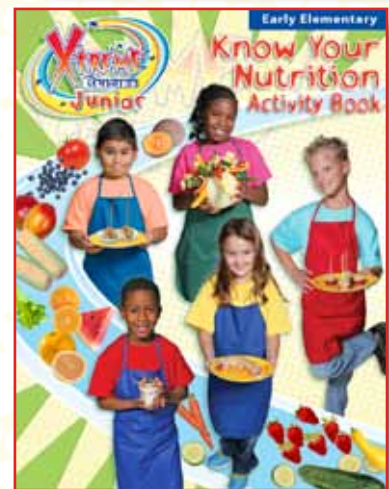
## Florida Agriculture At-A-Glance Poster

This 24" x 36" map of Florida provides an "at a glance" understanding of the growing regions of many Florida food and fiber commodities.



## Xtreme Cuisine Junior Activity Book

This activity book teaches students about the variety of Florida produce commodities, which provide vitamins and minerals to help prevent heart disease and other obesity-related illnesses. Students also learn the dangers caused by excessive amounts of salt, sugar and fats in their diet, and how fiber can eliminate their desire for high-calorie, low-nutrition snack foods. Divided into five sessions, students learn basic food groups, calorie requirements, the vitamin and mineral content of many Florida fruits and vegetables, appropriate serving sizes and much more.



## Xtreme Cuisine Kids' Cookbook

This cookbook is especially designed for young people. It provides cooking basics, knife safety and illustrated cooking terminology. Recipes are divided into sections for sandwiches, fruit snacks, vegetable snacks and main dishes. It also includes a section on Florida herbs and a handy ingredient substitution chart.



# Xtreme Cuisine Vegetable and Fruit Posters

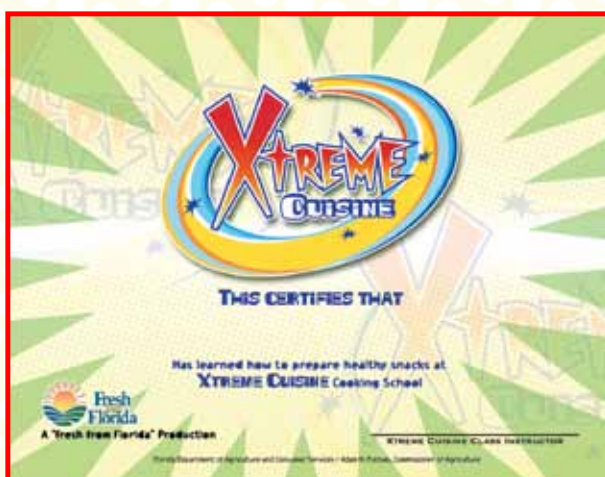
(demonstration item)

Full color photos identifying 20 top Florida vegetable and fruit commodities are displayed along with nutritional attributes and fun trivia facts on these glossy 24" x 36" posters.



## Xtreme Cuisine Certificate

At the end of your session, your students will be proud nutrition experts and will be excited to show friends and family their "Xtreme Cuisine Certificate." Suitable for laser printers, each student's name can be added manually or digitally.



# Xtreme Cuisine Junior Class Schedule

Lessons 1 through 4 may be scheduled for a one hour session. Lesson 5 provides time for wrap-up and evaluation through the quizzes on pages 24 and 25. Xtreme Cuisine Junior class outlines for each recipe are provided below. These may be organized as classroom schedules allow. Coordinators may elect to divide into daily or weekly segments to accommodate students. It is highly recommended that at least two coordinators jointly implement Xtreme Cuisine Junior for no more than 20 students per session.

## Lesson 1: Introduction and Florida Veggie Bird

The information below provides an introduction to the Xtreme Cuisine Junior program. The Florida Veggie Bird can be prepared at the end of this session if time allows, but the inclusion is optional. The other recipes in Lessons 2 through 4 exemplify major nutritional concepts.

Time	Subject	Resource (page)	Presenter
0:00 - 0:10	Introduction Florida agriculture commodities	Florida Agriculture-at-a Glance map	Presenter A
0:10 - 0:20	Nutrition introduction, Junk food	Xtreme Junior (2)	Presenter B Presenter A
0:20 - 0:35	Food groups and Food group fold out	Xtreme Junior (3,12-13)	Presenter B
0:35 - 0:60	Florida Veggie Bird (optional)		



## Lesson 2: Fruitberry Parfait

The information below complements the Fruitberry Parfait recipe provided on page 16 of the Xtreme Junior Activity Book. However, any recipe emphasizing Florida fruit - preferably blueberries, strawberries and citrus products - and low-sugar, low-fat dairy ingredients is suitable.

**Teacher tips:** Write students' names on masking tape and place on each tumbler and place in freezer for a frozen snack. Plastic cups can be used to separate, precut and distribute recipe ingredients to students. This will shorten recipe preparation time. The Strawberry Fun Pop recipe on page 18 can substitute for this portion of the curriculum.

Time	Subject	Resource (page)	Presenter
0:00 - 0:10	Kitchen basics	Kids' Cookbook (4-5)	Presenter A
0:10 - 0:35	Fruit Parfait lesson	Xtreme Junior (6,16)	Presenter B
0:35 - 0:50	Fruit information	Xtreme Junior (6, 20-21)	Presenter A
0:50 - 0:60	Sugar	Xtreme Junior (7)	Presenter B



## Lesson 3: Florida Vegetable Pizza

The information below complements the Florida Vegetable Pizza recipe provided on page 16 of the Xtreme Junior Activity Book. However, any recipe emphasizing Florida vegetables - preferably tomatoes, peppers and mushrooms - and whole-grain food products is suitable.

**Teacher tip:** Plastic cups can be used to separate and distribute recipe ingredients to students. Cover sheet pans with parchment paper and use a permanent marker to identify students' pizzas.

Time	Subject	Resource (page)	Presenter
0:00 - 0:10	Preparing a Recipe: Tools for Success	Kids' Cookbook (10) Kids' Cookbook (6-7)	Presenter A
0:10 - 0:30	Florida Vegetable Pizza lesson	Xtreme Junior (16, 8)	Presenter B

Prepare pizza with students. While pizza is in the oven, review the following curriculum material:

0:30 - 0:40	Tomatoes, bell peppers mushrooms	Xtreme Junior (22, 23)	Presenter A
0:40 - 0:50	How Many Fruit and Veggies	Know Your Nutrition (10-11)	Presenter B
0:50 - 0:60	Eat pizzas		



## Lesson 4: Crunchy Critter

The information below complements the Florida Crunchy Critter recipe provided on page 18 of the Xtreme Junior Activity Book. Modifications to this recipe should include similar vegetables, whole grains, protein and dairy foods to complement the curriculum.

**Teacher tips:** Plastic cups or medium-sized centrally located bowls can be used to separate and distribute recipe ingredients for students. Shredding some ingredients may help stability of wrap. Please see recipe instructions for preparation of antennas, legs and eyes. Younger students will need assistance cutting their crunchy critter into sections.

Time	Subject	Resource (page)	Presenter
0:00 - 0:10	Knife skills	Kids' Cookbook (9)	Presenter A
0:10 - 0:25	Crunchy Critter	Xtreme Junior (18)	Presenter B
0:25 - 0:45	Protein and Dairy	Xtreme Junior (4-5)	Presenter A
0:45 - 0:60	How Much Do I Need Quiz	Xtreme Junior (14)	Presenter B



## Lesson 5: Pop-Nut Balls

The information below complements the Florida Pop-Nut Ball recipe provided on page 17 of the Xtreme Junior Activity Book. Modifications to his recipe should include other whole grain foods to complement the curriculum.

**Teacher Tips:** Pop-Nut ball mixture should be prepared at least three hours prior to classroom time for proper cooling. Transfer Pop-Nut ball mixture into bowls suitable for three or four children to assemble. When students complete their Pop-Nut balls, line tray with parchment and write students name or initials next to each child's treat. Use less honey for lower sugar content.

Time	Subject	Resource (page)	Presenter
0:00-0:15	Florida Pop-Nut Balls	Xtreme Junior (17)	Presenter A
Place Pop-nut balls in refrigerator for at least one hour.			
0:15-0:30	Whole-grain Foods	Xtreme Junior (9)	Presenter B
0:30-0:45	Nutrition Quiz	Xtreme Junior (24)	Presenter A
0:45-1:00	Nutrition Quiz	Xtreme Junior (25)	Presenter B
1:00-1:15	Wrap-up Review: What have we learned		Presenters A and B
1:15-1:30	Eat Pop-Nut Balls		



# Xtreme Cuisine Facility Checklist

When choosing a facility, remember to consider the logistics of food preparation and classroom organization.

Your facility must have:

- ☐ Tables and chairs for the number of attending students and guests
- ☐ One demonstration area
- ☐ One working oven and stove
- ☐ One utility cart
- ☐ One working sink
- ☐ One standard refrigerator, preferably two. The refrigerator should be two-thirds empty. The freezer portion should be completely empty.
- ☐ One or two preparation area(s). You should also consider the schedule of the facility. You may need several hours to organize your menu items prior to your class. We suggest that all dicing and slicing is done prior to student involvement with the recipes.



# Be an Xtreme Cuisine Partner

If you would like to bring Xtreme Cuisine to your community:

1. Visit us at [www.florida-agriculture.com/kids/education/xtreme](http://www.florida-agriculture.com/kids/education/xtreme)
2. Set up one or more classes within your youth education setting. It is recommended that classes be scheduled for no more than 20 students per session.
3. Download the "Xtreme Cuisine Partner Application" under Resources. Fill it out completely. Email, fax or mail as noted on the top of the application.



ADAM H. PUTNAM  
COMMISSIONER

Florida Department of Agriculture and Consumer Services  
Division of Marketing and Development  
Bureau of Development and Information

## "XTREME CUISINE" COOKING SCHOOL PARTNERSHIP APPLICATION

Phone (850) 617-7330; Fax (850) 617-7331

### Please return to:

Florida Department of Agriculture  
and Consumer Services  
407 South Calhoun Street  
Mayo Building, M-38  
Tallahassee, Florida 32399-0800

[Arlette.Roberge@FreshFromFlorida.com](mailto:Arlette.Roberge@FreshFromFlorida.com)

### Coordinator Information

Coordinator Name: \_\_\_\_\_

Organization or Agency: \_\_\_\_\_

Office Phone Number: \_\_\_\_\_ Coordinator Cell Phone: \_\_\_\_\_

Coordinator Email Address: \_\_\_\_\_

### Class Information

I will conduct \_\_\_\_\_ "Xtreme Cuisine" class(es) on the following dates and times:  
(number of classes)

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Total number of students (all classes) ages 6-9: \_\_\_\_\_

Total number of students (all classes) ages 10 and above: \_\_\_\_\_

### "Xtreme Cuisine" will be held at the following location

Facility Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Location Phone Number: \_\_\_\_\_

### Resource Information

Number of people who will coordinate and/or assist with this/these events: \_\_\_\_\_

Approximate number of total hours (of all volunteers) of time spent: \_\_\_\_\_

(Please include hours spent in all areas of organization including travel, student and volunteer recruitment, promotion, recipe planning, setup, class implementation and clean-up)

# Xtreme Cuisine Partner Application

When filling out an Xtreme Cuisine Partner Application:

- 1** Please estimate the approximate dollar value in the areas specified that you or your agency will contribute to this program.
- 2** Donations from other sources outside of your organization (grocery stores, grants, health clubs, etc.) should be accounted for under "In-kind" expenses.

*NOTE: Curriculum material and the shipping of material is available to your program at no charge. However, coordinators, their employer, the recipient school or any other donating agency should plan to absorb the costs of food, travel and other aspects of implementation.*

- 1** Provide the approximate dollars to be contributed by your agency in the following areas:

Food: \_\_\_\_\_ Promotion: \_\_\_\_\_  
Supplies: \_\_\_\_\_ Other: \_\_\_\_\_

- 2** Provide the approximate in-kind (donations) dollars to be received for these classes in the following areas:

Food: \_\_\_\_\_ Promotion: \_\_\_\_\_  
Supplies: \_\_\_\_\_ Other: \_\_\_\_\_

**Please check or "x" the space if you agree with the following statements:**

- ☐ I will distribute and collect model release forms specifying whether the Florida Department of Agriculture and Consumer Services has permission to use each student's image for publicity purposes. (Forms will be supplied by "Fresh from Florida")
- ☐ I will allow a Florida Department of Agriculture and Consumer Services representative to attend and photograph these classes.
- ☐ I agree that students are able to use standard kitchen knives.

## Literature Shipment Information

"Fresh From Florida" will provide curriculum and nutrition education material for the event. The correct address for shipment of all literature is:

Location (Facility Name): \_\_\_\_\_

Address: \_\_\_\_\_

Location Phone Number: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

These items should arrive by (Date): \_\_\_\_\_

# Answers to Quizzes

## How much do I need (p.14)

1. 8 ounces of yogurt and 1 ½ ounce of cheese
2. Any one of the following:
  - 1 apple or another whole fruit
  - 1 cup of fresh fruit diced
  - 8 large strawberries
  - 1 small glass of juice
  - 1 slice of melon
  - ½ cup of dried fruit
3. Any three of the following:
  - 1 cup of whole-grain cereal
  - 3 cups of popcorn
  - ½ cup of whole-wheat pasta
  - 5-8 whole-wheat crackers
  - ½ cup of oatmeal
  - ½ cup of brown rice
4. Any one of the following:
  - 1 ear of corn or another whole vegetable
  - 1 cup of a fresh vegetable, diced
  - 12 baby carrots
  - 2 stalks of celery
5. Any one of the following:
  - 1 apple or another whole fruit
  - 1 cup of fresh fruit, diced
  - 1 small glass of juice
  - 1 slice of melon
  - ½ cup of dried fruit
6. Any of the following:
  - chicken
  - steak or any other animal meat
  - fish
  - eggs
  - beans
  - nuts

## How much do I need (p. 24)

1. 2 stalks of celery
2. 1 cup of cucumbers
3. 1 small glass of juice
4. 1 cup of potatoes
5. 1 cup of yogurt
6. 1 whole orange
7. 8 large strawberries
8. 1 slice of bread
9. ½ cup of oatmeal
10. ½ cup of rice

## Nutrition Quiz (p. 25)

1. fuel
2. two and three cups
3. blueberries
4. tomatoes
5. cancers
6. mushrooms
7. salt, sugar and fat
8. fats
9. fiber, vitamins, minerals and phytochemicals
10. fat, teeth